

Pad Placement Technique to Help with Pain Management

Inflammation is an organism's protective response that is intended to eliminate the initial cause of injury and to initiate the process of repair. Inflammation is not synonymous with infection, though the two are often correlated.

The classical signs of acute inflammation are: *pain, heat, redness, swelling, and loss of function.*

Minimum Equipment Needed:

- LED Light Wellness System controller with multiple automatic (A,B,C) and/or manual settings (1 – 7)
- Red & Blue 104 Diode Pad (*Eye mask*)
- Red 132 Diode Pad (*Local*)
- Red 264 Diode Pad (*Body*)

Time: 35-40 Minutes

1. Start with the **Balance Technique** (formerly Proprioception Protocol). (See instructions for the Balance Technique.)
2. After running the Balance Technique:
 - a. Place a Red & Blue 104-Diode (*Eyemask*) pad over the liver (Figure 1).
 - b. Place a Red 132-Diode (*Local*) pad over the area of the issue.
 - c. Place a Red 264-Diode (*Body*) pad over the area of the issue.
 - d. Run **Settings 1, 3, 5** for 7 minutes each,

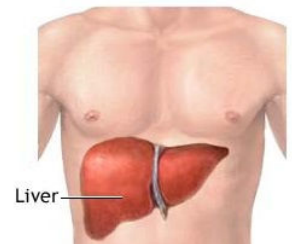


Figure 1, the liver

OR

If using a controller with multiple automatic settings, run Setting A for 20 minutes; If using a portable controller, run the automatic setting for 20 minutes.

Purpose & Reasoning

Nitric oxide, through vasodilation, increases oxygen delivery to the site. Nitric oxide is the body's natural pain reliever.

